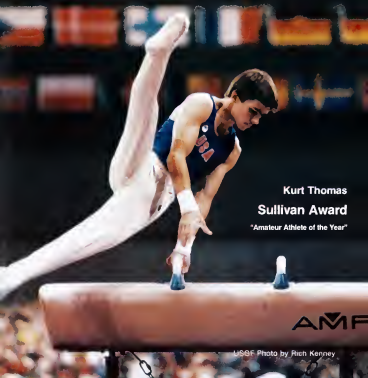


United States Gymnastics Federation's
GYMNASTICS NEWS

January - February - 1980

Vol. IX, No. 1



Kurt Thomas
Sullivan Award

"Amateur Athlete of the Year"

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USGF Photo by Rich Kenney



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Gymnastics News

January - February 1980

Vol. IX, No. 1.

Editorial	3	Do amateur sports and politics mix?
Kurt Thomas Wins Sullivan Award	5	AAU names Thomas "Athlete of the Year"
New Director for USGF	7	15 applicants to be screened
Chunichi Cup & Tokyo Invitational	10	Report by Ken Allen on 1979 invitationals
U.S. Men's Team Report	15	Report by Fred Turoff on World Championships
Photographs of the XXth World Championships	18	Photos of recent championships
British Invitational	21	Report by Larry Moyer
Annual Financial Report	22	Revenues and expenses
Evaluation of Women's Team Performance in World Championships	25	By Bill Valentine, National Program Director for Women
First Elite Qualifying Meet	26	Report by Bill Valentine
Jr. Olympic Testing Program	27	Report by Ron Caso
Intercontinental Judging Course	29	Report by Bill Roetzheim
Bart Conner - World Champion	31	Photograph of Bart Conner
Procedures for Implementing Mental Rehearsal Techniques for Skill Improvement	33	Article by Fred Sargent
Chunichi Cup/Women's Report	35	Report by Fritz Reiter

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Frank L. Bare
Executive Director

EDITORIAL

1980...The Olympics that might not be...

Historically, amateur sport in the United States has been totally separated from government involvement, whether that involvement was positive in the area of financing or more negative in the area of involvement in program determination. Many previous administrations have spoken and written that the government did not wish to become involved in amateur sport. It all changed within the past several weeks. One can scarcely question the motivation for the involvement. Who could possibly side with the U.S.S.R. for invading another nation? Not taking part in the 1980 Olympic Games, will not ruin our national program and, in fact, gymnasts can begin now to prepare for the World Championships of 1981. It is a good thing that the FIG voted a year or so ago to have our own World Championships every two years instead of every four as before.

I regret that many gymnasts will not have the chance to prove their readiness in Moscow. Further, we all hope they have some opportunity to make their mark in some worthy event before their careers are ended. So strong is popular opinion now against going to Moscow that the Olympic Games, as far as the U.S.A. is concerned are no longer a reality. Perhaps, with the awesome wealth of the nations joined together for the best and some meaningful substance event will be brought into being and the athletes of the world will yet have an opportunity to compete on friendly ground.

Let us hope from a sports standpoint that this is not the beginning of direct government involvement in amateur sport in America. We had been, until this modern, perhaps the last of a few nations where sport was allowed to stand alone. Now that has all changed, and we have become, as other nations did years ago, an arena or sports nation with direct government involvement in amateur sport. It is a change that may never revert back to the old system. Once again, however, one can hardly speak of the problems of sport in relation to the more serious problems of invasion of a foreign country and possibilities of war. We can though, hope for speedy resolution of the over-all problems and then hope that amateur sport will not continue as a means of waging cold wars between nations, or amateur sport as we have known it in the past, at least on the international scene, will be a thing of the past.



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Kurt Thomas Top Amateur Athlete

Sullivan Award Given to Gymnast for First Time



Kurt Thomas has been named the top amateur athlete in the Nation, receiving the 1980 Sullivan Award.

Thomas returned to Indiana, home during his collegiate career, to accept the award, presented annually by the Amateur Athletic Union. The award was given by Tracy Cullkins, last year's winner.

Kurt is a graduate of Indiana State University and is currently an assistant gymnastics coach at Arizona State University.

The voting is based on tabulation of 2,500 ballots from past winners, members of the AAU board of governors, selection committee members, the U.S. Olympic Committee's executive board and sports writers and broadcasters.

Ronald Niekrah of the University of Maryland, the number one ranked hurdler in the world was second.

Followed by swimmer Cyathia Stenlund, Thomas is the first gymnast to be given the award.

Thomas enjoyed the greatest success ever by an American gymnast during the XXth World Gymnastics Championships in Fort Worth, Texas, in December. Kurt led the Men's team to a bronze medal in team competition, and was the silver medalist in the All-Around, marking the first such finishes by an American gymnast in these two international events.

Individuals at Fort Worth won a total of four of the six men's individual apparatus events. Gold Medals were won on the horizontal bar and floor exercise and Silvers were taken on parallel bars and pommel horse. His five individual medals were a great improvement over 1979 when in Strasbourg, he won the Gold in floor exercise, the first World Championship's American Gold ever.

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New Executive Director for the U.S.G.F. soon to be hired...

The USGF has now adopted two formal meetings of the Board of Directors per year. One will take place in late February and among the many items on the crowded agenda will be that of reviewing candidates (there were 13 in all) for the position of Executive Director of the USGF. If all goes well, and the Board is successful in their deliberations, perhaps by the end of February the new chief staff administrator for the USGF will be named and the changing of hands will begin immediately.

The USGF Board will concern itself with a number of areas of major interest. The sport of gymnastics continues to grow and as it does administration and functioning become more complicated. However, complicated they become the future for the sport remains one of the brightest in the amateur sports world. During the past years the sport has grown, improved its administration and of even more significance in performance of our athletes. More

15 Applicants to be Screened by Committee

exposure than ever before on national and international television. In spite of all these positive areas of development, as has always been the case in our relatively small sport, political and organizational success remain vitally active and the USGF is also undergoing a change in the area of structure and membership. The Board must also turn itself to the very difficult task of making changes unto itself. No one wishes to lose a vote, even if that vote does not reflect a true picture of organizational involvement. Therefore, to vote about internal changes with all the affected parties doing the voting, is most difficult. None-the-less, the future remains too bright and the capable members of the Board can and will solve the problems before them and do what is surely best in the interest of gymnastics.

One can only speculate what the effects of a boycott of the 1980 Moscow Olympics will do to our FIG candidates at the FIG Congress to be held in Moscow (with or without USA teams being there). Representing a nation that has boycotted the games, regardless of the noble reasons for so doing, will perhaps be a minus for the USA's candidates. Only time will tell the story on that point. In the meantime, it will be very interesting to see if the FIG Congress does in fact take place in Moscow, just one week before the Games. The two events are totally separate in scope and meaning, and the FIG is not the sponsor of the Olympic Games, nor is the Olympic Committee of the USSR the sponsor of the FIG Congress. At any rate, that discussion too will take some consideration on the part of the Board of Directors, since they must decide if the USA's delegates and candidates are to make the trip at all.

Your USGF Board of Directors meets twice annually, and what with the growth of our sport, needs for such meetings perhaps even more than twice annually might well be in the near future.



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1979 Chunichi Cup and Tokyo International

Ken Allen

My trip to Japan was just what I had imagined. Professionally, socially and culturally it was a great experience. From sharing gymnastics and personal experiences through several languages in using chopsticks to miniature sushi, ashimori and tempura, I believe our entire delegation returned to the U.S. enriched.

This was certainly not going to be a "pressure" meet from a political point of view. Perhaps half of the gymnasts and half of the judges had come directly from the World Championships. With the possible exception of East Germany, none of the seven countries (Korea, U.S., DDR, Cuba, Hungary, China and Japan) represented had sent their very best athletes. Many of us (Japan, Hungary, Cuba, DDR and U.S.) had travelled from Ft. Worth together and had begun to exchange gifts and socialize long before our arrival in Japan.

After spending one night in Los Angeles, we landed in Tokyo on December 12 and took another flight almost immediately to Nagoya arriving in the evening at our hotel. Our arrangements were well taken care of all along the way. At the hotel, we were given time schedules, pen them and a sack of fresh fruit.

The gymnasts would be able to train on Thursday and Friday and our first technical meeting would be Friday evening. During the meeting, the order of competition was drawn with representatives from each delegation drawing for their own order. The judges were assigned to positions. The East German would be #1, the Russian #2, American #3, and Japanese #4. Mr. Akimasa Kameko and Mr. Sankar Urtan would alternate responsibilities as superior judge and assistant. At the Chunichi Cup, which was all around competition only, we would judge by Competition II rules.

A small problem arose at the beginning of the competition. The superior judge was signaling each gymnast to perform before the average score of the previous gymnast was flashed. I was a little uneasy about this, because I felt as though our opportunity to question the average as an individual was removed under the circumstances. I asked the superior judge to make sure the average score was flashed to us before he gave the green flag to the next gymnast. The superior judge indicated that he was simply trying to move the meet along and he was very willing to comply.

The Chunichi Cup competition was extended over two days with three events on Saturday and three on Sunday. From a judging point of view, it was a relatively non-controversial experience. There were a few times when the superior judges asked one or another judge to come up or down a tenth and if that judge did not wish to comply we

would have a very hard conference. We were all required to not only write down our score but indicate how much we awarded for BOV. I thought it was a good idea.

At one point, I did question a score but to no avail. When Otsuchi from Japan vaulted he started his run from behind the 30 meter barrier. In fact he took at least two steps prior to going over the board to vault. I judged the vault, deducted .3 and gave a 9.1. The average came up 9.5. When I raised the question, no one else had seen him do this including the two zone judges. I guess it was just one of those things that gets missed.

As a group we were very much in agreement almost all the time. I felt as though I deviated a bit more from the group in reaction to the poorer and better exercises. My



Larry Conrad, Silver Medal, Horizontal Bar

Chunichi Cup (con't)

scores were lower than those of the group for the exercises which were either done (such as vaul) missing requirements. The opposite happened in those routines which I thought were done exceptionally well.

All the delegations left Nagoya together and transferred via "The Bullet" to Tokyo on Monday morning. All the other athletes took that day off while our athletes decided that they wanted to train at Naito (Phonetic) Gymnastics. Most of the other athletes worked out Tuesday morning, the day of the competition while our athletes chose not to.



Mike Wilson, Silver Medal, Floor Exercise

Unlike the Chunichi Cup, the Tokyo International would be strictly individual event competition. Each coach would enter one gymnast per event per country. This competition was independent of the Chunichi Cup. We would judge under competition III rules and would maintain the same assignments as in Nagoya.

We had a few more conferences during this competition and we seemed to disagree more often. The most controversial discussion centered around the first vault of Koichi Iwano Guba. It was a handspring toe and a half somersault. There is no doubt that his feet touched the mat as he landed. But he moved continuously to his feet and very quickly on that. Because of the height and flight, we had to start from 10 as opposed to 9.8. I deducted .5 for the landing (low posture) but made no other deductions. Three of us had 9.7 and one had a 9.5. The superior judge felt as though we should all come down at least a tenth but we had made up our minds and the 9.7 held up. I believe we could have all justified a 9.5 but the nature of the vault opened up some new dimensions in thinking.



Koichi Gushiken, Japan, Gold Medal, All-around

I also had some questions about Buckner's floor exercise. He had an obvious bad landing on the dismount. Even the most severe judge would have to deduct .1. Then was no hold whatsoever on the pommel and everyone agreed that there was nothing original about the exercise. His landing, however, was exceptionally good. I thought his 9.75 was a little too high. (I really made me wonder how he hit of Kim Thomas for the World Championship with a 9.95).

The Japanese "specialists" looked fantastic. They had four gymnasts covering the six events and everyone was a potential champion. As it turned out they did win three events and except for a some fault on vaulting and some bad landings on floor and bar they could have won the other three. To me, the most impressive gymnast was the young Akoya, an from Russia. He finished third in the all-around at Nagoya behind Gushiken and Bunkin. He won his two events in Tokyo (young Koichi on vaulting and winning the horizontal bar outright). His potential seems limitless. From outside appearances his only weakness seems to be a lack of enough years of experience. His physical characteristics seem ideal, his technique is superb and he displays the aggressiveness to be able to fully utilize his potential. The bar seems to be his best event (9.8 in both competitions) and he created more air between his and the bar as he releases than anyone I have ever seen.

Our gymnasts, Larry Conrad and Mike Wilson, represented us very well both on and off the floor of competition. They finished eighth and seventh, respectively, in the all-around of the Chunichi Cup. Mike

Chunichi Cup (con't)

Yifeng was a silver medalist from Larry Gurnea won a silver on bar and a bronze on rings at the Tokyo International.

The Japanese were gracious hosts and provided excellent hospitality following each competition. We all received practical gifts (calendons and tennis bags) as well as commemorative gifts and we presented gifts from our federation which were well received. Our own group got along very well and we all seemed to make friends with people from other delegations. Francis Allen pointed that human like love is a universal language. He not only kept our delegation loose but drew smiles from most members of the other delegations. He was a most positive influence for all of us.

My own personal thanks go out to Bill Ruckelshaus, as National Technical Director (N.G.J.A.) for assigning us and to Frank Barr for assigning my assignment as judge for these competitions. It was a valuable experience.

Change of Date Modern Rhythmic Gymnastics National Champions

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April 28 & 29, 1980

MEN	No	Name	Nation	Floor Exercise		Pommel Horse		Rings		Vault		Parallel Bars		Horizontal Bar		TOTAL	Points
				Ave	Min	Ave	Min	Ave	Min	Ave	Min	Ave	Min	Ave	Min		
7	Kelenkian	Hungary	5.18	5.30	5.08	5.00	5.20	5.38	5.30	5.20	5.35	5.30	5.10	5.75	5.55	53.08	17
4	Scuro	Cuba	5.80	5.90	5.85	5.80	5.20	5.08	5.20	5.10	5.25	5.10	5.15	5.35	5.30	55.90	18
9	Gernst	U.S.A.	5.48	5.50	5.48	5.40	5.35	5.10	5.40	5.40	5.45	5.30	5.30	5.45	5.45	56.40	8
5	Berthel	Germany	5.15	5.10	5.35	5.30	5.30	5.18	5.25	5.40	5.48	5.30	5.45	5.40	5.40	56.18	11
11	Alagapan	U.S.S.R.	5.55	5.60	5.50	5.50	5.40	5.40	5.65	5.60	5.48	5.40	5.60	5.65	5.65	57.25	3
1	Xu	China	5.48	5.40	5.55	5.75	5.45	5.55	5.50	5.60	5.15	5.80	5.10	5.18	5.18	58.75	15
18	Kajizumi	Japan	5.35	5.20	5.55	5.60	5.45	5.20	5.18	5.20	5.65	5.60	5.45	5.75	5.65	58.78	4
14	Quifles	Japan	5.45	5.40	5.60	5.60	5.70	5.70	5.65	5.60	5.75	5.65	5.65	5.65	5.65	58.82	5
2	Zheng	China	5.18	5.10	5.50	5.50	5.30	5.30	5.38	5.30	5.30	5.35	5.45	5.40	5.40	59.00	12
15	Obuchi	Japan	5.25	5.20	5.45	5.25	5.40	5.40	5.40	5.18	5.30	5.45	5.40	5.40	5.40	59.75	6
3	Rocha	Cuba	5.60	5.60	5.30	5.30	5.25	5.25	5.15	5.75	5.45	5.35	5.35	5.15	5.35	59.98	10
8	Kovacs	Hungary	5.58	5.50	5.15	5.15	5.60	5.70	5.45	5.40	5.40	5.45	5.15	5.00	5.00	59.25	9
10	Wilson	U.S.A.	5.55	5.75	5.30	5.30	5.20	5.30	5.58	5.60	5.55	5.75	5.40	5.40	5.40	59.58	7
6	Bruckner	Germany	5.75	5.65	5.45	5.58	5.50	5.50	5.48	5.50	5.55	5.45	5.50	5.50	5.50	57.38	2
12	Torbanon	U.S.S.R.	5.20	5.25	5.45	5.75	5.25	5.30	5.55	5.60	5.50	5.40	5.70	5.75	5.68	58.68	4
17	Kawakami	Japan	5.38	5.15	5.40	5.25	5.25	5.30	5.18	5.18	5.60	5.45	5.30	5.40	5.40	58.88	16
13	Asanuma	U.S.S.R.	5.45	5.40	5.10	5.10	5.25	5.10	5.35	5.40	5.30	5.75	5.60	5.60	5.60	58.20	13

*Obuchi started his vault at least 2 inches behind the regulation runway length. No one else deducted.

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U.S. MEN'S TEAM REPORT

Fred Turoff

The grand successes that our men's team achieved at the 20th World Gymnastics Championships have made history and have pointed the way for future success. The team that arrived in Fort Worth, Texas on November 20th was a well prepared, confident group of athletes and coaches. Training sessions that were held for national team members this past summer helped unify our purpose, develop team feeling, and improve compulsory and optional performances. It was obvious that each man and their personal coaches had worked efficiently to be in the best shape possible for this competition. The success we had was due to the athletes (both first and second years), their personal coaches, the national coaching staff, and the U.S.G.T., all working towards the goal of bringing our gymnasts into world prominence. Many people contributed to our success and should feel a part of it.

We began our training in Fort Worth four days prior to the opening of the main training hall at the Tarrant County Convention Center, the outstanding site of the 20th World Championships. This training was held at L. D. Bell High School just outside of Fort Worth. AMF furnished the school gym with apparatus so that we would be training on equipment identical to that used in the meet. Emil Milan, the coach of Bell High School and the boys' and girls' teams did all they could to make us feel at home.

We trained alone there for two days and then had the Japanese men in company for two days. Training alongside the former World Champions gave us all an elevated feeling of confidence that we shared verbally and spontaneously. We looked just as good as they did and didn't feel intimidated training with them. Since we arrived before Thanksgiving we wanted to have a good meal together on the holiday, and this was accomplished through the efforts of Dan and Janna Poland, members of the organizing committee, who hosted the entire U.S. delegation at their home for an outstanding "Turkey Day." Dan and Janna were also responsible for setting up activities for us to occupy some of the non-gymnastic time. Among these were having a meal at Crystal's Pizzeria Restaurant with fun and games, attending Six Flags amusement park on closing day and being given special ride privileges, touring the Jason Boot factory, and seeing some museums. Many thanks to Dan and Janna for their help and concern during our stay.

Another thank you goes to Bob Ross who took us to get our opening ceremonies uniforms and then showed up helping us get a package of donated training gear out of the U.S. Casseroles Office. And John Johnson, our team leader who is a student at the University of Texas at Arlington, gave us a lot of help and guidance during our stay.

On Sunday, November 25, the main training hall at the TCCU opened for everyone's use. It is a huge room that was divided into 6 gymnasiums, 3 for men and 3 for women.

Each area had a floor exercise mat and a double set of apparatus with official mounting. AMF and Sarnig are to be thanked for providing this equipment. Each team had a particular time slot to train, but could request extra training time. We generally trained with Hungary and Spain.

On Wednesday, November 28 and Friday, November 30 we trained on the competition podium in our compulsory competition time slot 1:30 - 3:30 p.m. The first day we did compulsories, the second optionals. I thought we looked very good and the confidence kept building. On Thursday the judges' course was held. Our alternate, Mike Wilson, and the members of our 2nd team (Phil Cahoy, Tom Beach, Ron Gallimore, Jeff LaFleur, and Casey Edwards) demonstrated various exercises along with the foreign alternates. Francis Allen handled the coaching job for our 2nd team and I'm sure they made a favorable impression on the judges.

Sunday night, December 1, all participants in the W.C. were taken to a rodeo in the Fort Worth stock yards. It was quite a show complete with calf roping, steer wrestling, bull and bronc riding, cowboys, cowgirls, and clowns. We learned that gymnasts aren't the only ones who occasionally have trouble staying on a horse!

Sunday, December 2, we trained lightly in the morning and then went to the opening ceremonies. What a gala show! In addition to the colorful parade of athletes and the athlete's march led by Bart Conner, the show featured entertainment by an orchestra, a boys choir, the Kilgore College Bandwagones, a country and western songstress, and the group Up With People! We left the TCCU prepared to make history.

Monday, December 3, we performed our compulsories at 1:50 - 3:30 p.m. Our starting event was Parallel Bars. We had an excellent afternoon with only 2 major mistakes out of the 36 routines. The East Germans competed in the same round and when it was over, we were leading them by 3. At the end of the day we were in 3rd place with 289.85 behind the Soviet Union and Japan. In the all-around, the places were: 2 Conner (58.75), 3 Thomas (58.70), 7 Harnung (58.15), 43 LaFleur (56.70), 45 Gerard (56.65), 48 Vidmar (56.55).

Two days later we performed our optional exercises in the evening session with the other teams that placed in the top six after compulsories: Soviet Union, Japan, U.S., East Germany, China, and Hungary. Our starting event was Rings. (The spectators had quite a task on their hands—who to watch?) We performed very well again with only 4 major mistakes out of 36 routines. The crowd was behind us all the way at all sessions which gave us a boost. When it was all over we reached off to the waiting area not knowing the final results. We knew it was close. Finally the cheers from the scoring rooms told us what we had been waiting for. Third Place! We had finished ahead of East Germany by .45 totally. Third place means victory at this time. A proud U.S. men's team marched out to collect their accolades and medal behind the new World Champions from the Soviet Union and the former champions from Japan.

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In addition to the team achievement our preliminary all-around placings were: 2 Thomas (117.75), 3 Corrier (116.95)—unfortunately Bart had a major miss on H&A and a few small problems; 15 Hartung (116.50)—Jim also had a major miss on PB; 31 Gerard (114.35), 36 LaFleur (114.30), 44 Vidmar (113.55). Kurt, Bart, and Jim advanced to the All Around finals plus we had the following men in individual finals: Kurt FE, PH, PB, HB; Bart FE, V, PB; Jim V.

The All Around finals are more history made. Kurt Thomas placed 2nd behind Alexander Dityatin of the Soviet Union 118.250 - 117.975. Bart Corrier pulled up to 5th with 117.025, and Jim Hartung advanced to a tie for 9th at 116.450. One man in the top 5, seven in the top 6, three in the top 9 in the world. You can be sure that the U.S. Gymnastic community in attendance continued the celebrations that started during the team competition.

So on the final day of competition, December 9, the stage was set for the U.S. men's grand finale. We had three men in the individual final occupying right final positions and leading in three events. The performance level of all competitors was higher than ever. Votavongsa for and earning of medals and world status continued. Kurt tied for 1st on Floor Exercise with Roland Brackner of East Germany, with Bart finishing 5th. Kurt placed 2nd on Pommel Horse behind Olympic and three-time World Champion Zoltan Magyar of Hungary. Bart tied for 3rd on Vaulting with Ralph Bartel of East Germany behind Dityatin and Nikolai Andrianov of the Soviet Union. Jim missed landing his first vault and wound up in 8th place. Next, Bart captured 1st on the Parallel Bars with Kurt tying for 2nd with Alexander Tkatchev of the Soviet Union. Then Kurt, the last performer in the men's finals, won the Horizontal Bar competition in a dramatic finish. Three golds, two silvers, a bronze, a 5th, and an 8th. Last year Kurt was our first men's medal in World Championships history. We have come a long way, and are still on the way up.

As I said in my opening, there are many to thank for what we accomplished in Fort Worth. But I would personally like to thank the team members for their cooperation with the coaching staff and the feeling of togetherness and purpose with which we worked. I am sure all of the athletes are grateful to our manager, Mel Buckenstaff, whose "healing touch" soothed many a sore muscle. Bob Roger and I were extremely pleased with the team and our results and I hope the U.S. Gymnastic Community feels as proud of our program as I do. On to Moscow!

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Shigeo Kawamata, Japan



Yuzho Lu, China



Stojan Delichev, BUL

Melito Ruks, ROM



Evelin Ekerdt, Romania

USGF photo by David Demant

USGF photo by Tom Salvas

USGF photo by Rich Kessy

Nikolai Andrianov, USSR

XXTH World Gymnas

Eberhard Gurger, RFA



tics Championships

Zheng Zha, China



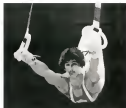
Vladimir Markelov, USSR

Natasha Shapovalova, USSR



MiGi Kim, USSR

Silvia Mindorff, RDA



Philip DeLaSalle, Canada



Moshe Gormann, Canada

Artour Akapian, USSR



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1979 British Invitational Gymnastics Championship

Larry A. Moyer

On December 11, 1979, gymnasts Tim Daggett, Joey Ray, and James Mikus assembled at JFK International Airport for a 1000 p.m. departure on TWA to London, England for their participation in the 1979 British Invitational Gymnastic Championships. It was the first international competition for junior gymnasts Daggett and Ray, but not for veteran performer James Mikus.

Our five hour flight with tail wind was enjoyable and with much excitement as it was the first time any of the team had an opportunity to visit Great Britain. We were met at the Heathrow Airport by a lovely reception committee member who escorted us in an awaiting minibus which drove the team to Wembley, a community outside of London. Our hotel was plush and very accommodating. We were received by members of the organizing Coca-Cola association and the British Amateur Gymnastic Association at the hotel. Upon registering and processing identification tags, the members of the team received gymnastic bags, several t-shirts, crystal glasses, and various complimentary gifts and souvenirs. We felt very much at home within a few minutes.

The hosting association invited six teams and countries to the competition: USSR, Rumania, Canada, United States, Great Britain, and Czechoslovakia. Each team entered three female competitors and three male competitors. The USSR only had two male gymnasts on their team. Many gymnasts who competed recently in the World Championships in Fort Worth, Texas also were present at this meet. Marcus Fredrick from the United States was a guest performer for the event.

The competition was on December 13, 1979, which included the All Around event and qualified six gymnasts in each event into the final on December 14, 1979. Traditionally there was a team competition at this meet. However, this format was eliminated in hope of elevating the quality of the meet and the spectators interest. The events were conducted in the famed Wembley Arena, adjacent to international Wembley Stadium, site of previous World Cup Soccer Championships.

It was the first opportunity the junior gymnasts competed on a podium. The entire session was a thrill for these young athletes and a great moment in their developing careers. The Commercial Equipment Company furnished the apparatus for the event. This too was a valuable learning experience as the boys never before trained on this type of European equipment. The entire American delegation was most willing to adapt to these situations and had no difficulty in performing on these standards. In some instances, I had to modify some of the exercises of the gymnasts due to minor injuries. Nonetheless, everyone displayed positive and enthusiastic attitudes prior to the competition.

The American Mens Team, consisting of three junior gymnasts from the USA Junior National Team competed



an excellent vault and performed up to their capacity in the competition. James Mikus was the top American performer as he finished third for vault place in the All Around. James had a major fall on the pommel horse event as he completed his exercise prior to the dismount. Other than that miss, he competed very well and exemplified excellent technical execution as commended by coaches of other foreign delegations. Joey Ray and Tim Daggett, both competing for their first time internationally, performed consistently and with outstanding determination and pride. Although both Tim and Joey had a few minor problems, their performances were solid and represented well the work of our USA Junior National Program and it's staff.

After the All Around Competition, we qualified into seven finals. I was delighted and thrilled that these three seventeen year olds were able to gain that recognition and status. It was truly a big moment for all three gymnasts to participate in the gala and well organized ceremonies and sophisticated pagantry the following evening before some ten thousand spectators.

Our evening on December 14, 1979, was most rewarding as Joey Ray started the evening with a bronze medal performance on the pommel horse event with a solid and well executed exercise displaying sound skills with exceptional swing. We all were so happy for him when he stood with the two Russian gymnasts on the award platform for his presentation. It made Jim and Tim proud and, of course, very much excited about doing the same. Jim made the finals in vaulting and after two highly explosive optional vaults, he too had the honor of receiving our teams second bronze medal of the evening. Tim went into the horizontal bar final with a 9.4 average and needed a similar performance to gain a bronze medal. His exercise, although superb with an exciting flyaway 1/2 turn regrab, was not quite awarding enough to gain the bronze medal. Tim was comparably as good as any of the three finalists.

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British Invitational

The meet was a very beneficial experience for the USA Team. We made many observations of the USSR men, and youthful juniors from Romania, and the experienced athletes from Czechoslovakia. We made many impressions on other countries with our well developed technical background and served as a model for our national men's and boys programs. Our gymnasts displayed much happiness with their participation there and felt they were equally as successful as the Rumanian Victor Leventon and Andrei Popov who placed first and second as the champions. It was a tremendous incentive for the boys and stimulated a continuing desire for self improvement and motivation. It is their coach shared similar feelings.

The entire tour was well organized and planned. We were constantly attending receptions, parties, and formal events. A private team tour on historic London was just

Pos.	Name	Gymn.	Floor	Bars	Vault	Beam	High	Steele	
1	Vladimir Belenkov	USSR	9.30	9.50	9.40	9.35	9.40	9.60	58.55
2	Victor Leventon	USSR	9.30	9.30	9.40	9.40	9.40	9.60	55.40
3	Jiri Tabeek	CZE	9.45	9.30	9.45	9.50	9.10	9.25	55.05
4	Jeff Davis	GB	9.20	9.40	9.25	9.30	9.35	9.40	54.80
5	Josef Konecny	CZE	9.35	9.05	9.35	9.30	9.15	9.20	54.00
6	James Mikus	USA	9.10	9.05	9.00	9.45	9.15	9.10	53.75
7	Jan Zoulik	CZE	9.00	9.00	9.00	9.55	9.50	9.10	53.75
8	Joey Ray	USA	9.75	9.25	9.40	9.50	9.65	9.20	53.25
9	Oscarson Ionescu	RUM	9.90	9.10	9.50	9.55	9.60	9.80	52.85
10	Tim Daggett	USA	9.95	9.40	9.90	9.90	9.70	9.40	52.25
11	Eddie Arnold	GB	9.70	9.30	9.15	9.10	9.10	9.30	52.20
12	Yves Duc	CAN	9.40	9.40	9.75	9.30	9.75	9.50	52.10
13	F. Nitzscheberger	CAN	9.75	9.25	9.60	9.30	9.80	9.40	52.10
14	Dave Saeper	CAN	9.80	9.20	9.75	9.20	9.50	9.45	51.90
15	Emilian Nicules	RUM	9.55	9.25	9.00	9.35	9.85	9.80	51.70
16	Joe Fisher	GB	9.80	9.35	9.65	9.45	9.30	—	43.85
	Andrei Popov	USSR							

Minutes, December 7, 1979 Ft. Worth, Texas

1. Members present: Sue Ammerman, Linda Chencraki, Delene Dast, Jackie Pie, Cheryl Grace, Ed Knepper, Connie Maloney and Mr. Valentine.
Guests: Mr. Bess, Mr. Ashmore.

2. Reading of the minutes from September 30, 1979 in St. Louis, and acceptance of those minutes. Approval of the statement for the USGF News concerning the Pan American Games.

3. Invited guests to comment on our team and the World Championships.

- a. Linda Mulvihill and Bill Sands
- b. Nancy Roach
- c. Sharon Weber and Sharon Valley

Discussion followed

4. Next scheduled meeting January 20, 1980 in Ft. Worth, Texas.

Annual Financial Report

STATEMENT OF INCOME AND RETAINED FUNDS

For the year ended August 31, 1979

REVENUES

Grants and donations	\$ 482,275
Special events	448,272
Publications and promotional sales	91,358
Other events and fees	66,677
Royalties and T.V. Rights	62,660
Other revenues	17,017
	<u>\$1,168,460</u>

COST OF REVENUES

Special Events	\$262,468
Travel, lodging, meals & per diem	262,267
Pamphlets - printing & promotions	111,003
Other events & related costs	94,222
Newsletter costs	44,268
Postage and mailing costs	18,454
	<u>882,770</u>
	283,690
Women's Committee - Net	7,888
Membership program - Net	7,133
	<u>298,721</u>

ADMINISTRATIVE COSTS

Depreciation	18,849
Donations	1,945
Dues and memberships	3,116
Films and music	1,105
Insurance	8,668
Interest	3,502
Legal and accounting	4,493
Miscellaneous	8,190
Office supplies & expenses	15,566
Rent	5,724
Repairs & maintenance	5,380
Salaries - net	143,352
Taxes - payroll	4,968
Taxes - property	3,184
Telephone	20,149
Utilities	3,265
	<u>261,190</u>
Funds in excess of expenses	47,541
Retained funds - September 1, 1978	221,524
Retained funds - August 31, 1979	<u>\$ 268,465</u>

United States Gymnastics Federation

Evaluation of Women's Team Performance

BILL VALENTINE

NATIONAL PROGRAM DIRECTOR FOR WOMEN

The XXth World Gymnastics Championships have come and gone and with it the thrills and disappointments. One can never forget the outstanding performance of our men and the great pride that filled us as time after time they took their places on the award stand. It is my greatest wish that I could concentrate this article on our men's performance, but not so as National Program Director for Women, I must, as we all must, face up to what happened in our women's performance.

I am as concerned now, as I was at the conclusion of the World Championship Finals in June, that the ten best female gymnasts the USA ever had the good fortune of having, made up the 1979 World Championship Squad. What happened? The obvious took its toll, Rhonda Schwartz, a knee operation November 9, Tracee Talavera too young to compete, the late developing rib injury to Leslie Russen, the chronic foot problem of Marlene Frederick, the home chip in Chirika Canary's ankle and the fact that Kathy Johnson became really sick before finals. Disappointing? Yes, but we were in fourth place at the end of competitions, the best ever, and we were in the best optional routine ever, what happened? Our women's team seemed to self-destruct between competitions and optional. It wasn't as obvious as we started on floor and moved to vault, but then we hit bars and beam and it all seemed to collapse.

In the post analysis that followed every reason and excuse in the book was given and they covered almost every facet (except no one really screamed that we were choked on nerves and if we were, it was of no consequence). We were told very emphatically that because no medical doctor was assigned to the team it was impossible to determine the extent and nature of the injuries early enough to make adjustments. It was stated that some of the girls were overweight, that most of the girls had not warmed at home properly, by doing full routine sets. We even heard that the girls were over-worked and tired because of long hours of training and restrictions in Texas. It was mentioned that perhaps in the final hours that some of the individual coaches were more of a negative influence than a positive one. It was said in this situation, the fact that the male were held so far in advance of the competition may have led to us downfall, (the reverse of what was demanded and deemed necessary). We were told about the lack of communication between gymnasts and coaches and the pressure and expectations of being at home and the very pro-American audience, the biggest and best we ever faced. Yes, there were the excuses and reasons (some I probably have not even written down) and if one really wants to press the issue, each and everyone, has some valid ones, yet the fact remains we had some very good gymnasts there, two or three of whom were not allowed to compete and many more excellent ones at home with no hope of competing.

So now, we have the reasons and excuses and each of us could add a few and really beat it to death. I'm sure but I don't buy any of 'em'. The simple fact is, we are fifth or sixth internationally and we are destined and deserve to be there unless and until we get our act together.

Perhaps I'm too hard, or even wrong, but there appears to me to be two reasons for success in our great country, the first being the legitimate profit and ego and the second a cause so great that personal sacrifice and in case of no significance.

Are we who are involved in this sport as coaches, judges, administrators, and even our gymnasts so wrapped in the ven and system that it becomes more important that we get rewarded in whatever way possible for our work rather than making the hard decisions, and sacrifices to make our gymnastics the best? There is no question in my mind that we have the talent in every aspect of our system to be the best, the question is in it's worth it?

If we truly feel the goal of making time the top three positions in international competition is a worthy one and one that we wish to accomplish then I have some suggestions we may need to consider.

1. Administratively we need to determine and commit ourselves to an encompassing program that will permit this to happen.
2. As coaches, we need to train mature competent competitors. Not highly skilled but dependent gymnasts.
3. We need to set aside our on n ego's and material gains and set that the most competent, best skilled competitors take the floor in international competition.
4. We need to face up to tough problems and physical conditions that limit our gymnasts and remove them from competition, especially where it weakens our team's chances, even though it hurts us personally to do so and coaches may years of individual hard work.
5. We need to truly listen to each other, respect each other and to make ourselves trustworthy. We need to share our competence and recognize the competency in others. We cannot accomplish this goal by talking in vacuums, large or small, but open up, gather information, distribute information, gather together all our skills, abilities and ideas, work together.
6. Perhaps now is the time to consider and hiring in a full time National Coach and accept all the ramifications that that would mean. A person with the authority and ability to bring together a national program, a person with the respectability, authority and respect that it would take to completely handle the "team", on a national and international level.

Once again we may not be ready for all this—it may not be worth it to us, but if not then we are destined and deserving of 5th or 6th place.

1st National Elite Qualifying Meet

Bill Valentine

The 1980 Elite Season started off on a very positive note with the 1st National Elite Qualification Meet WKBT-TV and the Gleason School of Gymnastics sponsored this event held at the Niagara Falls Convention Center, Niagara Falls, N.Y., January 24-26, 1980. Kathy Gleason, Gady Siehki and the host committees did an outstanding job of preparing and presenting the meet. It was a professional job and all involved should be congratulated, even the weather cooperated and Niagara Falls was a warm (hospitality wise) and beautiful city.

As would be expected there was a lot of fresh young talent present and for the most part, they gave good performances. The judging was strict but consistent and fair. Minnie Fredrick the only member of the XXth World Championship Team to compete had an outstanding meet and looked in top form, she seems determined for whatever takes place in 1980.



Minnie Fredrick, World Championship team member was the top all-around Qualifier.

Lisa Ziss, the hometown favorite, certainly gave her fans and supporters, a good show and something to be proud. The newcomers to look for in the Championships of the USA include Beth Kline (Scots), Sue Stednitz (Almaden Valley Gym Club), Amy Koopman & Lynn Lederer (McAmerican Twisters), Beth Pope (Little Rock, Ark), and Kelly Gallagher (Gymnastics Olympia) are all bound to improve and be real contenders.

Lisa Shuk did great bar routine and Jackie Casello attempted a front handspring double front on the floor and should have it perfected by the Championships.

As usual Gigi Ambardos looked as strong and capable as always. Sandy Wirth and Lucy Collins did very well and will be much improved by the Championships.

From the start 1980 looks good, (but hey gang, we've got to learn to say on the beam, literally and figuratively, OK!)

The second national Elite Qualifying Meet in Oakland will be taking place as this issue of the NEWS goes to press, and will be covered in the next issue.

ALL-AROUND QUALIFIERS

1.	Marcia Frederick	76.20
2.	Lisa Ziss	74.45
3.	Beth Kline	72.65
4.	Gigi Ambardos	72.40
5.	Sue Stednitz	72.20
6.	Jackie Casello	72.15
7.	Lisa Shuk	72.05
7.	Sandy Wirth	72.05
9.	Amy Koopman	71.85
10.	Kelly Gallagher	71.80
11.	Beth Pope	71.75
12.	Lucy Collins	71.50
12.	Lynn Lederer	71.50

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Junior Olympic Testing Program

Ron Caso

The Third National Junior Olympic Team Testing Program was held at the United States Air Force Academy at Colorado Springs, this past December 13-15. A total of twenty-six boys participated, hoping for berths on USGF's Junior Team.

For the first time in this type of competition, each gymnast was evaluated using the same criteria. The intermediate (ages 10-16) performed the compulsory while the advanced group (ages 15-18) did optional. In addition to these now required of the respective groups, all participants were tested on basic skills and individual potential (speed, strength, and flexibility).

Absent from the testing program while competing in the British International were team members Tim Baggott, Jim Mikos, and Joey Ray. Their meet scores in England were used in place of the optional breakdown at Colorado. In the other boys (For a summary of their activities in England, see the report of Men's Coach, Larry Minor.)

The performances of the intermediates at Colorado Springs were most encouraging. Compulsory exercises were the real eye-openers. Dennis Hayden, team brother of Dan, from Ramo Gymnastic Club in Buffalo, New York, took all moves on the floor in the optional with his self-assured, confident style. At times, Dennis moved like Peter Pan. His hinges, leaps, and technically correct approach to all handstands, pikes, and tumbling really demonstrated how American men's gymnastics is shaping up.

The potential basic performances of the intermediates showed marked improvement. Although basic work in this age group is still not world class, it is beginning to look quite respectable. (Circles were generally high, executed and executed smoothly. Behind the back work and dismounts showed much improvement.)

The rings still look a little weak. The only exceptions in this area were the Hayden team.

Perhaps the problems here result from a general lack of strength on the junior team. My overall impression is that we lack solid strength pikes and strong dismounts. The Junior Team has mastered the double dismount, but we need to see something new next time around.

In vaulting, the juniors seem to be doing a fine job of "chuckin'" but a very poor job of "backin'". The only advanced junior to stick his vault was Chris Caso, and even he lacked good post flight. Everyone else either mist, several steps or landed on their butts.

On the parallel bars, the juniors looked good. Solid handstands, fine basic swing and flight, impressive struts, dismounts, back seats and clean release to hand were common. Dismounts consisted of many doubles and backs with twisting. I must say it was impressive.

Big releases are essential for solid 90's on the horizontal bar, and the juniors are putting together excellent compulsories and adequate optionals. The intermediates brought their compulsories to the ultimate. Run ups reached handstands, releases showed flight, and grips were quite clean. The Haydens walked away with top honors in their compulsory sets, but need much improvement in optional dismounts.

The advanced juniors are putting together some tough sets with big releases such as beam moves, reverse back, flipway half moon, and dekfers. The routines are very impressive, but the dismounts are not. There are many doubles but very few, if any, using doubles.

Paralleling the competition at Colorado Springs were a number of meetings. Mr. Mas Watanabe brought together all the coaches present and asked for regional input. The coaches felt that regional testing, the prerequisite for attending the national testing program, was most urgent.

Apparently some gymnasts missed qualifying by as little as hundredths of a point, but this has to be the way. Only the best can make the national team.

Another complaint, concerned a lack of communication between regions and the national office. This seems to be improving, but could be better. Coaches also felt they needed more information about standards in the national testing program. Many indicated they did not know what to expect. They felt they should have better descriptions of skill and potential testing, and generally what the USGF staff is looking for in its junior program.

Mas Watanabe expressed our national intent to be the best. To help accomplish this, the coaching staff directed by Mas is currently putting on regional clinics throughout the country. So far, those regions 2 through 8 have been completed. Those in regions 1 and 9 will be finished in the spring. Contact your regional director for more information on these.

Attending the Colorado Springs meeting were Maria Cardim and Kemp O'Hara, two delegates from Brazil, visiting the U.S. after the World Championships. Both saw our junior program as a positive approach and expressed thanks for our hospitality.

Big things are ahead for the junior team. In the near future, as members will be taught the new 1981 Olympic compulsories, to help prepare for international competition. These skills will be taught locally at the regional level, and will be reinforced in junior national training camps held three times each year.

During the spring, our junior teams (5), A team, B team, C team will compete against juniors from Japan, the South African International, and possibly a magazine training — competition type meet with Mexico and Canada, and in June, before the Nationals, the Golden South International in Yama, Bulgaria.

1979-80 Junior Team Members By Rank

Intermediates	Advanced
Dan Hayden-Dennis Hayden	Jim Mikos
Chris Bagg	Tim Baggott
Simon Butler	Joey Ray
Russell Lucy	Robbin Campbell
Randy Brewer*	Mark Aron
Adam Forman	Chris Caso*, Mike Bowers
Pat Parker*	Sam Beltramin
Brad Bryon	Rick Andersen
	Wes Sauer
	Dan McCann

*New Members

**Men's Qualifying meets for 1980
Leading to the
Championships of the U.S.A
April 24, 25, and 26, 1980
Colorado State University, Ft. Collins**

*** Eastern Regional qualifying meet
University of Pennsylvania, Philadelphia
April 11, 1980
Meet Director, Dennis Seidel, Larry Moyer**

*** Mid-West Regional qualifying meet
Iowa State University, Ames
April 19, 1980
Meet Director, Ed Gagnier**

*** Mid-East Regional qualifying meet
University of Michigan, Ann Arbor
April 19, 20, 1980
Meet Director, Newt Loken**

*** Western Regional qualifying meet
Santa Clara Valley Gymnastics Club
Santa Clara, April 19, 1980
Meet Director, Walchiro Miki**

*** Husky All-around Classis
Houston Baptist University, Houston
March 21, 22, 1980
Meet Director, Hutch Dvorah**

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Fifth Intercontinental Judges Course

Bill Roetzheim

The Fifth Intercontinental Judges Course was held in Moscow, January 11th through January 15th. Because of the high placement by the United States men team in the past two World Games, we were allowed to send three candidates. The individuals who attended were selected by the National Gymnastic Judges Association and their names submitted to the United States Gymnastic Federation for approval. They were Leo Savary, President NGJA; Bill Roetzheim, Technical Director; and Bob Strain, Past National Technical Director for the NGJA.

It is difficult to write an exciting report on a subject as dull as a judges course. Countries don't compete for gold medals in course performance. No one tracks and judges for the first time in front of thousands of spectators. Why we didn't even have an opening ceremony. Now if you think it's a great time-out having the text of any subject matter read to you first in Russian, then French, then German and finally English, you must really be weird. About the only thing I can give you is some general tips and the technical interpretations they gave us.

One thing I think is very significant. You were given a choice of being tested in one of five languages and by far the largest group was English. We always say in order to communicate gymnastically, you must know German, but apparently that is changing.

The following technical interpretations are to be used with the **NEP CODE AND WILL NOT BE IN EFFECT UNTIL THE FINAL OLYMPIC TRYOUTS**. These interpretations date out of a question and answer period.

1. How do you apply the .1 to .3 deduction for an incontinuous dismount?

ANS. Considering the last two moves this is how it is applied:

A + A = .3

B + A = .2

A + B = .1

B + B = 0

A + C = 0

2. How many vaults can a vault result in a zero?

ANS. A. If it's the compulsory performed as an optional.

B. If you take a second start and then vault.

C. Double touching the horse.

D. Not touching the horse.

E. If on landing, your feet do not hit the ground before any other body part.

3. When you can't start running and stop, can you begin again and take your vault?

ANS. You are allowed to continue your run but only from the place you stopped.

4. Why do you give out for a stalling move in a vault when the legs are between the hands but never when the legs are small? (C)

ANS. You have more chance of striking the bar.

5. What value is a Rail One on rings to a swing arm above horizontal?

ANS. C

6. What is the value of a Rail One on rings to a bent arm short handstand?

ANS. B + B

7. Why was the whole loop sequence on high bar disallowed from a B to an A?

ANS. They were too easy.

8. Can risk be given if the move is not performed without error?

ANS. No

9. What is the value of a giant swing on parallel bars? A giant swing to a handstand with 1/2 twist?

ANS. Part I = C Part II = C + C + B

10. What is the value of a one arm giant on the horizontal bar?

ANS. C

11. What if he does multiple one arm giants to a double flyaway?

ANS. C + C + B

12. Must you hold a value handstand two seconds for it to be a C, if you show complete control?

ANS. Refer to Article 64-65 (You must hold it 2 seconds)

13. Can a mark be made on the floor or run two meters away from the vaulting horse?

ANS. Yes

14. On very difficult vaults can a gymnast bend his legs when leaving the board so facilitate greater height or rotation?

ANS. No

15. Can you deduct for "Covelooping" a double vault?

ANS. Yes, up to .3

16. When you count moves on parallel bars that require a hold to establish their value toward the 3 hold maximum?

ANS. Yes

17. What is the maximum deduction in vaulting for pendulight?

ANS. 1.0 Height

1.0 Length

2.0 Total

18. If in Competition III, what is the deduction if the second vault is not taken from the 3.0 classification?

ANS. You can deduct .3

19. During a routine, how many times can you apply up to .2 for strength on the horizontal bar and 1 to .3 for moves held too long?

ANS. As many times as they occur.

20. When must a swinging "C" coming from a glide or inverted hang be performed on parallel bars?

ANS. In Competition II & III.

21. Why is there no risk for a Japanese vault on parallel bars?

ANS. There is if you add a twist.

22. Can you risk for a double back salto off the parallel bars?

ANS. Only when it is piked.

23. On parallel bars when executing double leg circles in side support on one position or cross support, can you receive additional C credit for doing a series of circles?

ANS. No. Repetition is not recognized as a means of increasing your difficulty and never improves exercise construction.



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Procedures for Implementing Mental Rehearsal Techniques for Skill Improvement

Fred Sargent

Mental rehearsal or mental practice is not a new concept. It involves the cognitive processes of rehearsal without overt physical performance. It has received a mild reception in coaching circles and even less acclaim from physical educators, however, according to research and a limited number of coaches and physical educators who use it, it adds another critical dimension in the process of acquiring new motor skills, especially early in performance.

Many interesting theories have been expounded as to why this procedure works, yet little is known about it. Theoretical explanations of this phenomena are superficial at best when attempting to describe what happens under these circumstances. Be that as it may, it is the intention of this writer to look at factors which have produced positive results in many areas and to mold together a cohesive framework for implementing a practical approach as mental rehearsal for sport situations.

To provide the reader with a clearer understanding of some of the results of the research carried out in this area, a brief summary of these findings are presented from the work of Bangchala (1974):

1. "In some studies the very good and very poor subjects did not improve as much as the intermediate subjects with mental practice.
 2. It is necessary to consider the possibility that some of the practicing subjects would suffer from fatigue in studies where the practice takes place in one day and that their scores might suffer some loss.
 3. There appears to be need for some physical practice in the early stages, i.e., mental practice cannot be used from the beginning with any real effectiveness; there must be a physical basis for the mental practice to be of any value. At the very least, subjects should see someone else do it.
 4. No one knows how much mental practice is required, how to spread it out or how to detail the instructions with precision.
 5. It appears that people who are visual imagers, as supported by tests, do better than people who are low on imagery tests."
- Page 89

Additional factors which will affect this procedure, but which have received limited research attention are: when to mentally practice, prior to, following initial trials and/or after the skill is being performed fairly efficiently and at what skill level will mental practice produce the best results.

While many questions still exist in this area, it is clearly evident mental practice does work. With this in mind, the following facts have been gleaned from many sources to produce a workable framework for implementing a program of mental practice.

Finally, there are no absolute answers when discussing mental practice. The following suggested guidelines are presented not as a panacea for conquering new motor skills, but rather as an additional strategy for improving motor skill acquisition.

I. Task Selection

- A. Pick a task which has a distinct start and finish.
- B. The task should be fairly short in terms of length of time required to complete it.
- C. Type of skill and what to focus on.
 1. Closed skills (gymnastics, diving, bowling, etc.) — focus on knowledge of performance and what to do in the motor act.
 2. Open skills (football, basketball, baseball, etc.) — focus on knowledge of results. In other words, what effect the performer had on the environment.

II. State of Mind and Body

- A. Relax your mind and body.
- B. Put yourself in a receptive state, in other words, feel these thoughts.

III. Selection of Discriminative Cues For Skill Being Rehearsed

- A. Ask the following questions.
 1. Is the focus of attention on reducing anxiety and maintaining a consistent performance or
 2. Is the focus improving technique for maximal performance of a skill? From here on in the focus of mental rehearsal in this article will refer to suggestions for answering question 2.
- B. Remember cue perception is unique to each individual performer and therefore many factors must be considered in this process. Some of the salient factors in this process are:
 1. Previous experience of the performer
 2. Sensory acuity
 3. Attention precursors or style
 4. Expectations in this situation
 5. Present emotional state
 6. The environmental setting, room lighting, equipment and performer awareness and familiarity with performance area
- C. Determine which cues are crucial to the performance of the skill while also determining how to mesh them with the cue perception of the learner.
- D. Work on each discriminative cue individually until it is performed correctly.

IV. Determine What Correct Technique Is In The Performance Of This Skill

- A. Have an expert (coach, instructor, sport psychologist) explain correct technique for skill performance.

Mental Rehearsal Techniques for Skill Improvement (con't)

1. Use films, video-tapes, etc. to understand good technique and to analyze your movements.
2. Be aware of errors and incorrect techniques.
3. Along with determining correct technique in motor performance of skill, determine what the skill feels like when performing it correctly.

V. Practice Skill

- A. Setting
 1. Look for a quiet place with no outside extraneous influences.
 2. Mental rehearsal can be performed before sleep.
 3. Visualize what you are practicing as being performed perfect before making your attempt.
- B. Visualize skill in detail
 - a. Go slow motion first
 - b. Go regular speed following slow motion
 - c. Always end session with skill being performed at regular speed
2. If your visualization has mistakes, stop at each mistake and go over again until your movements are correct. If the mistake continues, confront it and find out what is causing it.
- C. What to feel during this rehearsal
 1. Feel the muscle action
 2. Feel the emotional excitement of accomplishing.
 3. Feel the same feelings you feel when you perform a skill well. Focus on correct performance of problem areas.

4. Use as many senses as possible for a complete experience.
5. Feel what an incorrect performance is like when it happens as opposed to a correct performance.
6. Feel what each specific part is like and what the whole is like.
7. Attempt to perform the whole without consciously being aware of any particular movement. Then go back and focus on what you did. Consistently be aware of the whole being performed.
8. Do not overburden yourself with this process, let it happen as naturally as possible.
9. Believe in yourself and in what your mental rehearsal has shown you. You must have confidence in your ability to produce in reality what your mind has shown you.

VI. Assessing This Practice

- A. Keep a log or diary of successes and failures.
 1. List in detail correct techniques in the skill you wish to acquire.
 2. Describe in detail problems you encounter with this skill.
- B. Discuss all results with an expert preferably someone who is working directly with you to achieve this goal of skill acquisition.

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Editor: Yale. Fred Sargent is the Men's Gymnastics Coach at Fordham State College, Freshburg, Maryland. Dr. Sargent serves as the Director of Education from West Virginia University and has published several articles on Gymnastics.

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THE 1979 CHUNICHI CUP

Fritz Reiter

This year's Chunichi Cup fell about one week after the World Championships in North Miami, Texas. It would seem that this fact would have caused the organizers of this international competition, the CHUNICHI NEWSPAPER, to hold out. Not so at all. No efforts were spared to make this meet a success. 17 women and 22 men, from eight different countries participated and demonstrated their skills. In the women's competition, gymnasts from the German Democratic Republic, from Romania, from the USSR, Hungary, China, the USA and from Japan were trained and promoted some exciting competition for the magazine's "CHUNICHI CUP".

Svetla Hindok, who lives near Angoulême, France, last year was also on the plane to the Chunichi Cup. As Christa Canary outscored her sister in a personal competition in France and I had learned of her exceptional performance in Senabonng and Fort Worth, I was quite curious to see her again. Of course, not even Sary Kellens was quite a surprising force to be, having made the NEW WORLD GAMES TEAM due to a number of injuries of higher ranked gymnasts, and then turning in some estimated performances which placed her as the 3rd highest All Around finisher of the American Team in the Team competition.

Before the actual Chunichi Cup competition on the 16th and 16th we had two days for training and acclimatization to the great time difference. This gave some excellent opportunities to observe the workout habits of the various athletes from different countries.

The Hungarians, for example, always began AND concluded their workouts with manager conditioning exercises. The Japanese usually took the longest time in their workouts while the Romanians and Rumanians hardly worked up at all. While the Chinese athletes were by far the liveliest, the American gymnasts, Sary Kellens and Heidi Andersen were by far the happiest and most outgoing ones in the gym.

Two aspects pleased me the most with which especially Sary Kellens approached her workouts. She gave the definite impression that she knew exactly what she needs to prepare herself for a competition. Heidi also made a good impression on the many experts looking around the arena and it was not long before coaches and newsmen alike inquired about the American gymnast.

This was also the first time I had the opportunity to see those sometimes performed to orchestrated music. My opinion was mixed, while I was quite captivated by Svetla Hindok's composition and total arrangement (which according to her coach was especially composed and performed by a music band for Svetla), I found myself listening to the discordant music and completely forgetting the performance of the little Romanian girl (Dugumara). It was like two different movies taking at the same time and interfering with each other.

Specially, I was impressed by the precise work of the GDR girls, Katar and Hindok, on the Uneven Bars who performed STOMACH WHIP UPSIDES to HANDSTAND combined with CLEAR HIP CIRCLES TO HANDSTAND with such ease they were doing these sequences several times in succession without much sign of fatigue.

The most outstanding fact among the women definitely was the superbly performed double somersault with a full twist by the Chinese DUB. Sary Kellens' ankle was bothering her just ever so slightly so that she hesitated to go all out during tumbling workouts. Heidi has some technical problems in her tumbling but is able to get great power out of it with her curving originalities performed with dynamic ease—she captures the spectators. The same can be said of her beam routine, but she must still reach a level of consistency to keep her coaches from pressure her.

Many gymnasts had trouble at first with the "CLEAR" wooden REAR FLIER board made in Japan and practiced many times. It was interesting to watch the little Hungarian Rumanian on her vaulting practice. She is so small she could not look over the beam and must have done 20 tumblers before she released a fabulous handspring. If from Hungary's Eva Swen could barely make it over the horse, let alone do a Tuckahoe. The Chunichi Cup competition is organized in such a way that two events only are performed on each day.

Unfortunately we lost Heidi on her very first event due to a unexpected and injury—a painfully sprained wrist. Sary Kellens, however, put down an only fantastic performance on the Vault (9.75 pts) for an excellently executed Handspring front) and on the Uneven Bars (9.60 pts.) but quickly became one of the favorites with the public, as well as the newspaper writers. Sary's performance was equaled by Svetla Hindok who showed a Handspring front and a full twisting Tuckahoe.

Romania's Georgina's Tuckahoe in latest position was awarded a 9.65 pts. but did not come close to Sary's and Svetla's vaulting performances. In fact Ungaroma's handspring front was the only other vault coming close to the two leaders. How some of the weaker vaulters could break into the main point range is difficult to understand but may be explained due to the different judging system being used in international competition.

While Katar clearly was in a class by herself on the Uneven Bars, Svetla Hindok appears to receive the high scores more because of great difficulty. One becomes quite taken by the elegant lines of her movements.

The three Russian girls showed well drilled routines with little or no breaks, but nothing new. Kellens did a fine job, but I feel she has not reached her pinnacle yet in this event. Her routine still misses the level of excellence seen in the Russian, Romanian and East German routines.

We observed two interesting dismounts worth mentioning. A sole circle forward into a flyaway with a full turn and a sole circle backward into another backflip.

This turned out to become a small disaster for Sary who had done so well the first day when she was in 1st place in the All Around standing topped only by world class athlete, Svetla Hindok. These seemed to have been misapprehensions during the warm-up period which could have been indicative of the rather mediocre performance just being ahead. Sary appeared quite confident as usual up to this point in our tour.

However, it does remain in my ear that she mentioned her surprise over her high standings, a feeling similar to the one she felt in Texas and it stands to reason that Sary will eventually improve in this area as she begins to expect to do well. Her score, an 8.75 pts. put her out in the left behind definitely and lowered her performance on FX. In this light, her 9.50 pts. must be considered low in this international field.

Svetla Hindok's 9.60 pts. for a routine that included double twisting somersaults only is extremely high, even if her dance is perhaps one of the best in the world.

In contrast, the Russian gymnasts showed much greater variety both in tumbling, as well as in their dance motifs.

In conclusion, Sary's 9.75 pts. was good enough only for 10th place. In a field like the one in the 1979 Chunichi Cup it is not enough not to fall off the beam (without a fall Sary still would have placed only 8th) but to perform well, confidently and with class. It was enough to talk confidently or positively, but must feel it. Perhaps we talk too much!

I would like to thank the USGF and the FRC for giving me the opportunity to be part of the 1979 Chunichi Cup.

**U.S. GYMNASTICS FEDERATION
FUTURE EVENTS**

Grand Prix

Paris, France
March 1-2, 1988

American Cup

Madison Square Garden
New York, New York
March 6-9, 1988

USA vs. Great Britain

Great Britain
March 8, 1988

Moscow & Riga

Moscow & Riga
March 26 - April 3, 1988

Hungarian Invitational

Hungary
April 5-8, 1988
(approx.)

Champions All London

London, England
April 12, 1988

CSSR Invitational

Czechoslovakia
April (middle of month approx.)

Championships of the USA/Women

University of Utah
Salt Lake City
Meet Director: Greg Marsden
April 17-19, 1988

DDR Invitational

DDR
April 18-20, 1988

Championships of the USA/Men

Not yet determined
April 24-26, 1988

Jr. Eastern Nationals

Mercer University, Atlanta
Meet Director: Jack Cook
May 1-3, 1988

Jr. Western Nationals

Delmar Stadium, Houston, Texas
Meet Director: Pat Alexander
May 1-3, 1988

Sr. Eastern Nationals

Not yet determined
Meet Director: Glenn Wilson
May 6-10, 1988

Sr. Western Nationals

Westlake High School
Westlake, California
Meet Director: Mike Bisk
May 6-10, 1988

Jr. & Sr. Championships

Oral Roberts University, Tulsa, Oklahoma
Meet Director: Bob Childers
May 22-24, 1988

1988 Olympic Gymnastics Trials

Not yet determined
May 27-28, 1988

Golden Sands Invitational

Varna, Bulgaria
June 7-8, 1988 (approx.)

Antibes & Orleans

France
June 13-14, 1988 (approx.)

West Germany - USA

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